

Headlight



Written by the students of Marblehead High School for our school and community

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How to Avoid the Winter Blues, Part 2

Becky Twaalfhoven, Sophomore Reporter in the Field

The first half of Becky's list appeared in last week's issue... Here are the final steps to avoid the Winter Blues!

4. Stay warm. Being cold is one of the biggest factors in lack of motivation to go outside, and can set up the day for doing nothing but sitting wrapped in a blanket watching movies. Of course, there's nothing wrong with that every once in a while; but over time, it's a habit that won't help combat the winter blues. As someone who is always cold, I have several tricks to stay warm while still getting things done. First, don't be ashamed to bundle up in layers even when you're inside. There's no label on hats or gloves that says "for outdoor use only," so go ahead and wear them inside. The same goes for long underwear and practically all other snow gear: if it's warm and you can move in it, then wear it indoors and out. Not only will you be able to move around, but this technique can keep costs of heating low also. On a similar note, keep your extremities warm. I have Raynaud's syndrome, which is low circulation to the extremities that causes my fingers and toes to constantly be cold, change color, and sometimes lose feeling; and I'm always surprised when I reflect on how much I avoid doing because of this. I never want to expose my hands for long enough to pick up a pencil or type an essay, and an outdoor experience is ruined if I'm not careful. Everyone experiences this to some extent, Raynaud's or not; and the best

cure is to make warmth a priority for your hands, feet, and head (ears especially). As I mentioned, always wear hats, gloves, and socks when possible; wrap your hands around a mug of hot water; sleep with socks on; dry your hands completely after washing them; and carry hand warmers in your pockets if necessary.

5. Finally, be willing to invest some time and money to maintain personal health. Health-care products can be expensive; but if you have dry or raw skin, it's not going to go away by itself, and sometimes you have to pay a few extra dollars to find a product that works. The same can be said for cold-weather clothing. Usually, it's possible to find good gear at a reasonable price; but the best does tend to be more expensive, and when it comes to things like socks, gloves, and thermal underwear, it's important to remember that an investment now will serve you well in the future. Also, try to continue daily self-maintenance routines. As difficult as it is, keep showering, shaving, washing your face and hands, and washing clothing. Focus on the little things, too, like painting your nails, getting your eyebrows done, getting haircuts, etc., because even if nobody notices under all of the layers of clothing, when the sun comes out again, you don't want to regret neglecting your personal care. Eating well, exercising, and keeping your brain stimulated fall into this category also.

Hopefully, these tips are helpful for getting a head start on combating the darkness of winter, and staying healthy and happy during the long months ahead!

Join Us on an Epic Quest

Alex Kerai, Senior Editor-in-Chief

It's really not a smart idea to foreclose on a church. Although today the punishment is not as severe as it was during the Spanish Inquisition, the advice is everlasting. Sadly Cervantes, a poet and actor, did not heed this and found himself imprisoned by the Inquisition for this oversight. Cervantes finds himself subjected to another trial by the prisoners and Governor of his new home. Although he pleads guilty to all charges (among those, being a bad poet) he still declares it his right to mount a defense as an attempt to recoup the possessions the prisoners hope to gain from his guilt. In a move that would most likely be frowned upon in today's court system, Cervantes presents his defense in a charade with his manservant Sancho. Their charade takes them to castles and gypsy camps while they fight for what is just and right in the world (and of course, for the affection of a lady). In his charade, Cervantes becomes Don Quixote, the Lord of La Mancha.

This play within a play can be a challenge to most actors, but under the direction of Henry Dembowski, the Marblehead High School students are flourishing. Dembowski makes his return to MHS musicals with this show and brings with him the beautiful stage pictures that define his work. But a director is nothing without his cast and for the past few months his cast has worked tirelessly to prepare *La Mancha* for its debut Saturday, November 15. Leading the cast is Jacob Sundlie, as Miguel de Cervantes, with his manservant Sancho, played by Stephen Girard for the first weekend's performances and Fox Prouty for the second weekend. Annie Krivit plays Aldonza, the fiery serving wench, who becomes Quixote's object of affection. Andrew Dalton tackles an impressive three roles as the Governor of the prison, the Innkeeper, and Padre in Quixote's imaginary world. Henry Power also doubles up as the Duke in the prison who prosecutes Cervantes' case and Dr. Carrasco. Rounded out by an impressive ensemble of actors from all grades, *La Mancha* immerses you in the adventures of Quixote and you experience them with him. "It's a more

intimate experience," says Greg Dana. "The actors see the audience as much as the audience sees them."

Backstage there are some familiar faces mixed with new ones: Technical Director Greg Dana returns for his sixty-third MHS show, this time with new stage manager Emily Kauffman (junior), and tenured lighting designer Alex Kerai (senior). New choral teacher Andrew Scoglio is the music director for the show and leads the above-stage musical pit. With such a talented cast and crew, *La Mancha* is poised to be a fantastic show!

Man of La Mancha will be performed for two weekends at the Marblehead High School theatre, with four performances total: Saturday, November 15 at 7 p.m.; Sunday, November 16 at 5 p.m.; Friday, November 21 at 7 p.m.; and Sunday, November 23 at 5 p.m. Right the unrightable wrong and come see *Man of La Mancha*!

Alex Kerai is heavily biased as he is the lighting designer for Man of La Mancha. But trust him.

1989: A Review

Maeve Reilly, Sophomore Reporter

On Monday, October 27, twenty four year old Taylor Swift released her fifth album, entitled *1989*, the year of her birth. Unlike her last album, *Red*, which featured a mixture of country and pop music, Swift entirely abandons her country roots to focus on the pop spectrum of her capabilities. In *1989* she creates a new, fresh sound that emulates Eighties synth-pop. The album opens with the upbeat tribute to her new big-city home, "Welcome to New York," in which she sings about recreating and finding herself in the city. This opening anthem progresses into the cleverly worded "Blank Space." On this track, Swift describes her widely scrutinized dating reputation ("Got a long list of ex-lovers, they'll tell you I'm insane, 'cause I love the players..."). Other album highlights include: "Wildest Dreams," a youthful and dreamy track sung about a forbidden love; Swift's eerie and impressive vocals on "I Know Places;" and of course, the light-hearted hit single, "Shake it off." While still pop, "How You Get the Girl" is the track on *1989* most reminiscent of Swift's former country sound, featuring a strong acoustic presence. The album closes with the powerful thirteenth track "Clean."

The songs on *1989* have less of an emphasis on lyrics than much of Swift's previous work, making this album feel less like entries out of a diary and more like a series of universal songs about love and heartbreak. In the words of New York Times' Jon Caramanica, "by making pop with almost no contemporary references, Ms. Swift is aiming somewhere even higher, a mode of timelessness that few true pop stars...even bother aspiring to." Some critics have incorrectly suggested this new album symbolizes Swift conforming, leaving her country roots. While this may be true, *1989* is a fantastic pop album that is sure to take the charts by storm.

Never Forget

Jack Krivit, Sophomore Reporter

Repeating his success from last year, Marblehead High School senior Jacob Sundlie has revived *The Witness: A Reader's Theatre Play* commemorating the victims living during Kristallnacht, or "Night of Broken Glass." Kristallnacht was an organized massacre on November 9-10, 1938 against Jews in Nazi Germany and Austria in which all Jewish businesses and houses were destroyed. Having acted in the play last year, Jacob is now only directing, but he believes this helps him understand where the rest of the actors are in their mindset. Depending on the availability and interest of the community, Jacob hopes to have it performed at various synagogues on the North Shore, along with schools in the Marblehead area. Being an actor in the play myself, I decided to interview Jacob so more people could know what he is trying to accomplish.

What inspired you to put on the production?

"I have been a part of the Kristallnacht and Comfort My People events since I was a kid. I performed in local playwright Sherri Frost's original Kristallnacht play twice and David Moldau was impressed with my work and asked if I would direct the *Witness: A Reader's Theatre Play* he had found. Such a great opportunity for me and the cast."

What has been the best reaction you've received from the performance?

"I really didn't want to sugarcoat any of the performances. My goal was to make people cry, to look away, or even to have to leave the room, all of which I achieved...It's just so important with something like this not to shy away, but to speak the truth and make the people in the audience get a taste of the horror so when they say "Never Again" it really does stick in their minds and hearts."

Who else has helped in the production of the play?

"Ken Lord has been a huge help in allowing us to use the theatre constantly to practice. As well as Pastor Scott Smith who is a prominent figure in Comfort My People and helping to coordinate the events. Of course, David Moldau who gave me this opportunity initially and Mr. Colfer and Mrs. Humphrey in helping us perform it for the high schoolers. I won't ever forget the huge amount of trust and commitment all the actors have given me, this year and last, to make this production what it is. Without them, this couldn't happen."

After Jacob graduates from high school, he plans on handing over the production to juniors Mike Bolognese and Henry Power so they can continue to spread awareness of these unforgettable events.

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